



KIDS
FIRST

TRIPLE P

FEARLESS

About the program

Triple P - Fearless is a 6 week workshop that aims to support parents of young people aged 6 - 14 years.

It is designed to provide information about anxiety and provide positive parenting strategies that support the development and behaviour of young people with anxiety.

This workshop will provide:

- An understanding of how anxiety develops in young people
- How to support your child to express and manage upsetting emotions more effectively
- How to help your child develop coping skills and face feared situations
- How to manage children's anxiety behaviour effectively

This is a FREE program run by Kids First for parents who live in Yarra, Darebin, Whittlesea, Banyule and Nillumbik areas.

Session dates and times

Wednesday 10th May
Wednesday 17th May
Wednesday 24th May
Wednesday 31st May
Wednesday 7th June
Wednesday 14th June

Time: 10:00am - 12:00pm

Location: McLeans Rd Kindergarten
151 McLeans Rd Bundoora, VIC

For all enquiries

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Kids First Australia would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



We celebrate and value diversity. Kids First has the HEART for providing support to the community in the most inclusive manner.